



The Align Difference



Dr. Gerstin Answers



What Patients Say



Request Appointment

Wellness Services

- Chiropractic
- Fitness Training
- Massage Therapy
- Nutrition
- High-Tech Health
- Online Store

Welcome To Align Wellness Center

Integrating high-tech with high-touch to enhance wellness and eliminate pain.

The benefits of care at Align Wellness Center go well beyond pain in the neck and lower back. Align Wellness Center has a sparkling record of success in treating these ailments as well as other conditions including:

Successfully Treated Conditions			
<ul style="list-style-type: none"> • Accidents • Cold, Flu & Virus • Ear Infections • Lower Back Pain • Posture • Sinusitis 	<ul style="list-style-type: none"> • ADD / ADHD • Crohn's Disease • Fibromyalgia • Migraine Headaches • Sciatica Pain • Stress 	<ul style="list-style-type: none"> • Asthma • Diabetes • Headaches • Pregnancy Pain • Scoliosis • TMJ 	<ul style="list-style-type: none"> • Carpal Tunnel • Disc Problems • High Blood Pressure • PMS & Menopause • Shoulder Pain • Whiplash

The foundation of a successful treatment regimen is rooted in a properly functioning nervous system. Align Wellness Center first isolates the cause of the pain then delivers care that balances the spine and restores optimal functioning to the nervous system. Care may include **chiropractic**, **massage**, **nutritional recommendations**, and **rehabilitation**. This approach greatly relieves pain and promotes self-healing.

Align Wellness Center welcomes new patients. Our physicians look forward to meeting you and evaluating your current situation to determine if the integrated care at Align Wellness Center is right for you.

[Click here to schedule an appointment.](#)

Lifestyle Tips

Avoiding Allergies

When this delicate machinery is compromised, it can adversely affect your immune response and cause congestion, sneezing and allergies.



[>> click here for details](#)

Save on Health Expenses

... choosing a chiropractor as your primary care physician could have a profound impact on your health expenses...



[>> click here for details](#)

Align Wellness Center is located at 300 Skokie Blvd, Northbrook, IL 60062 | 847-564-9500

Align Wellness Center provides Chiropractic, Fitness Training, Massage Therapy and Nutrition services for patients at their Northbrook, IL office. Patients come to Align from Northbrook, Glencoe, Deerfield IL, Northfield, Winnetka, Wilmette, Lincolnshire, Lake Forest, Arlington Heights, Skokie, Highland Park, and the entire Chicago Land Area



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About Align Wellness Center

Chiropractic Care

Align Wellness Center is a premier provider of wellness care and holistic healing. In an inter-disciplinary approach that includes **chiropractic care, massage therapy, functional fitness training**, and high-quality **nutritional supplements**, Align Wellness Center has achieved unparalleled success in reducing stress, alleviating pain, and preventing sickness. The Center blends **high-tech** with **high-touch** to deliver naturally painless remedies to many health problems.

Back Pain Relief

Align Wellness Center has been relieving the aches and pains of Chicago's North Shore since 2006. The Center, founded by Dr. Gregg Gerstin, has a vast community outreach that serves individuals, families, religious groups, schools and businesses. As part of this involvement, wellness programs have been implemented that assist in preventing injuries while offering significant savings to individuals and employers. Align's comprehensive program of wellness care has achieved tremendous benefits for patients ranging from 4 days old to over 90 years of age.



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Soothing Therapeutic Massage

Align Wellness Center excels in the area of therapeutic massage. Soothing massage is the perfect complement to **chiropractic care**. It relaxes, comforts, and revitalizes both body and mind. Additionally, massage can accelerate recovery from workouts or injury, improve the quality of sleep, reduce fatigue, lower blood pressure, fortify the immune system, heighten muscle tone, aid circulation, and offer untold relief for those who suffer from tension headaches. Massage also naturally aids in the alleviation of arthritis, asthma, and depression symptoms.

Massage Therapy

Types of massage	
<ul style="list-style-type: none"> • Thai Massage • Swedish • Muscle Activation Technique • Cranial Sacral • Deep Tissue • Pregnancy Massage • Table Massage 	<ul style="list-style-type: none"> • Neuromuscular Therapy • Trigger Point • Lymphatic Drainage • Chair Massage • Strain Counter Strain • Joint Mobilization • Reflexive Technique

Massage is an integral component of the care provided by Align Wellness Center. Our highly-skilled therapists combine an acute knowledge of anatomy and physiology with healing hands to deliver natural pain relief and promote wellness.

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We look forward to helping you. One of our staff members will contact you within 1 business day to schedule an appointment. If you would like to speak to someone sooner, please call us at 847-564-9500.

Name*:

Phone number*:

Email address*:

Is this your first visit to our office?

Yes No

Whom may we thank for referring you to our office?

Comments and questions:



Monday	10am - 1pm, 3pm - 7pm
Tuesday	2pm - 6pm
Wednesday	10am - 1pm, 3pm - 7pm
Thursday	10am - 1pm, 3pm - 7pm
Friday	10am - 1pm
Saturday	By Appointment Only
Sunday	Closed

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